

**April 7, 2012**

**Toward a Healthy Hudson Valley: Local Communities Join Top Wellness Practitioners in a Day of Health and Wellness in Poughkeepsie**

**Poughkeepsie, NY:** The Sacred Being Health and Wellness Fair of the Green Brain Initiative was held on Saturday, March 31, 2012 at the Locust Grove Estate in Poughkeepsie.

Some 200 persons came out to sample the organic products, services and specials on unique items offered by 25 of the top local wellness businesses and practitioners in the Mid-Hudson Valley.

Many stayed all day to reconnect with their inner sacred being by journeying to peace and happiness at the all-day wellness workshops offered in Zen meditation, yoga, tai chi, reflexology, Native American medicine systems and holistic nutrition.

Karen Dipnarine-Saroop, Co-Founder of the Green Brain Initiative, said, "From our research, this was the first time that an event like this - an experience entirely of wellness practitioners offering their knowledge, products and services to the public and to each other - was held in Dutchess County. Human health and environmental sustainability are inextricably interconnected. As the Green Brain Initiative seeks to advance the development of vital and sustainable communities in the Hudson Valley, priority is placed on enhancing the health and well-being of our local peoples. It is our hope that the visitors to our first annual Fair left with a greater understanding and deeper commitment to the pursuit of a healthier way of life for themselves, and, ultimately, to benefit our local communities."



Local radio personality, Michelle "Cricket" Nancy promoting her healthy products at the Fair.



Visitors sample products and services offered by top local wellness businesses.

She added, "The atmosphere of loving kindness and compassion was felt by all who entered the Fair halls. The numerous comments, email and phone calls that we have received, and continue to receive, have all been positive and full of encouragement. We look forward to bringing a larger Fair to our local community next year."

For more information and to support the work of the Green Brain Initiative, visit [www.green-brain.org](http://www.green-brain.org) or write to us at [ksaroop@priyacomm.com](mailto:ksaroop@priyacomm.com) or call 845-849-2205.